

Physical Health and Development

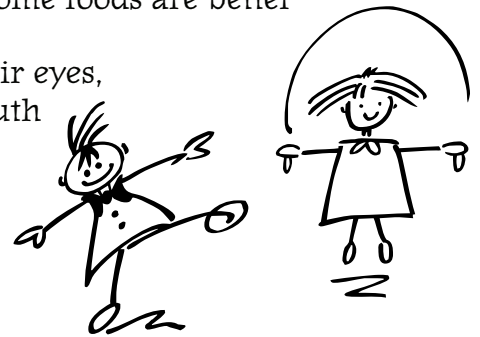


Children love to move and explore.

They use their senses and bodies to discover the world around them. If children are active from an early age and learn healthy habits, they begin to develop life-long skills for healthy, happy living.

There are a number of things that you can do to help your child:

- Get stronger and build muscles
- Develop balance and coordination
- Use hands and fingers in a coordinated way
- Start to independently eat, dress, toilet and wash themselves
- Begin to understand that some foods are better for you than others
- Understand how to use their eyes, ears, fingers, nose and mouth to learn about the world



Books Your Child Will Enjoy

Seven Blind Mice by Ed Young

My Five Senses by Gail Gibbons

Pretend Soup & Other Real Recipes

by Mollie Katzen & Anne Henderson

The Napping House* by Audrey & Dan Woods

Teddy Bear, Teddy Bear by Michael Hague

**recommended for grandparents*

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Hands, Bodies, Knees and Toes

Young children need to use their large and small muscles everyday.

Children use their **large muscles** when they climb, run, balance and swing. Make use of what is available in your community. Visit playgrounds, neighborhood community centers and the YMCA to keep your child active.

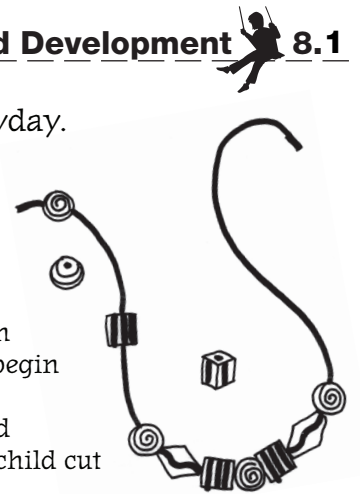
Here are some fun activities you can do indoors and out:

- Play kickball. Have one person pitch and the other kick.
- Bowl down a hallway using tin cans or milk cartons and a tennis ball
- Dance the Hokey Pokey, Bunny Hop, Chicken Dance, Macarena and do the Twist
- Move to the music while waving scarves
- Put masking tape on the floor and walk "on the tightrope"



Children use their **small muscles** when they balance blocks, string beads, cut with scissors, draw pictures and begin to write.

- Gather junk mail and old magazines and let your child cut out pictures
- Put puzzles together. You can make your own by taking favorite pictures from a magazine, pasting them on cardboard and then cutting the picture into pieces.
- Match socks from the laundry and put one sock inside the other before putting them away
- Open and close containers – jars, cartons, packages and boxes



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Making Sense

Children learn about the world through their five **senses**: seeing, hearing, tasting, smelling and touching.

As you go through your everyday routines, both indoors and outside, talk to your child about how things look, sound, taste, smell and feel.

- **Listen** to the sounds made by sirens, helicopters, clocks and lawnmowers
- **Smell** flowers, hand creams and different foods
- **Look** for interesting shadows on a sunny day and reflections in the water
- **Taste** foods with different flavors and textures: crunchy, spicy, mushy and sour
- **Feel** things with different kinds of surfaces

Let your child get messy!

Finger-paint in the tub.
Play in the dirt and mud.
Put shaving cream on a vinyl tablecloth and have



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Family Favorite

CAN YOU GUESS WHAT IT IS?

First, take a box and fill it with a few small items found in the house or yard such as a pinecone, rock, spoon, toothbrush or crayon. Ask your child to reach into the box without looking to feel one of the objects.



Ask questions like:

- ? "How does it feel – cold or warm? Hard or soft? Light or heavy?"
- ? Does it make a sound? Describe the sound.
- ? Does it have a smell? What does it smell like?
- ? What do you think it is?"

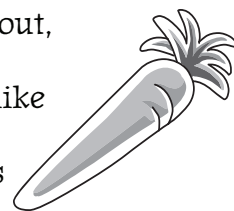
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Eating Healthy

A great way to teach your child about good nutrition is to talk about, prepare and eat healthy foods together.

- Explain that bodies need healthy foods to grow and that treats like cake, cookies and candy are okay once in a while
- Have your child help as you prepare simple and healthy recipes



Your child will love to help you prepare food. Think about recipes that use healthy ingredients.

How about this favorite recipe named after the storybook "Yummies" by James Marshall:

YUMMIES

- 6 teaspoons grated cheese
- 2 tablespoons butter
- 10 teaspoons flour
- 10 teaspoons Rice Krispies® cereal



Mix all of the ingredients together and form into little balls. Bake at 375° for ten minutes.
YUMMY!

While helping you in the kitchen, your child is also developing strength, coordination and control in their fingers and hands.

- ★ Peel carrots, cucumbers and potatoes with a vegetable peeler
- ★ Beat eggs and cream with a handheld beater
- ★ Take the shells off peanuts
- ★ Tear lettuce and cabbage
- ★ Stir pancakes and pudding with a large spoon
- ★ Wrap potatoes in aluminum foil for baking
- ★ Peel oranges, hard-boiled eggs and bananas
- ★ Slice soft foods like cheese, bread and pancakes with a blunt knife
- ★ Spread butter, cream cheese and peanut butter on crackers and celery

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★ Use the back of this card for your family's favorite healthy recipes... ➡

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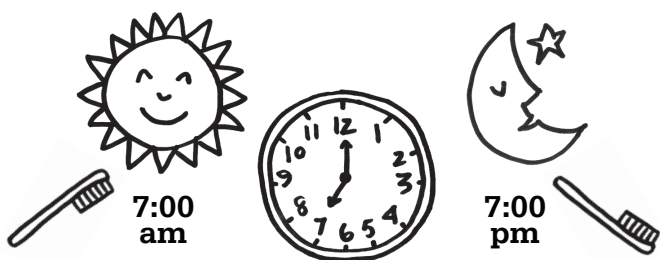
Safe and Sound

Healthy habits and daily routines are so important to learn at a young age. It's never too early to start!

Help your child develop the following daily habits:

- **Brushing** teeth in the morning and before bed
- **Combing** hair
- **Selecting** clothing and getting dressed
- **Putting away** clothing and toys

Encourage your child to follow regular morning and nighttime routines. In the morning, the routine could include eating breakfast, washing up, combing hair, brushing teeth, then getting dressed BEFORE play. Routines are VERY important and every family's routine will be different.



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Did you know?

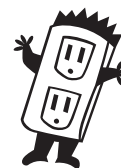
Preschool children need an average of **10 to 12 hours of sleep** everyday. Make sure your child gets enough rest and try to make bedtime into a peaceful routine. Try your best to limit TV to children's shows and then turn off the TV before bedtime.

The best way to stop the spread of germs is by **frequent hand washing**. Teach your child to wash their hands with warm water and soap after using the bathroom, blowing their nose, before eating and after playing. Try teaching your child to cough or sneeze into a tissue or arm instead of their hands.



It's time to start teaching your child **common safety routines**:

- Always use your safety seat and buckle up when driving in the car
- Always stay near you in the store
- Always carry scissors with the point down



Show your child how to cross the street and call **911** in an emergency.

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The Seasons

Children enjoy outdoor play every season of the year. Through play they develop strong muscles, balance and coordination.

FALL

- * Rake the leaves and jump in them!
- * Go apple and pumpkin picking
- * Watch leaves fall off the trees and "dance" like them
- * Follow the leader
- * Play "Red Light, Green Light"



WINTER

- ☾ Go sledding
- ☾ Build a snowman
- ☾ Go ice skating
- ☾ Dance like snowflakes



SPRING

- * Plant a garden
- * Dance with streamers
- * Play in a sandbox
- * Go bike riding
- * Go for a walk and look for animals and insects

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- * Have a race with your child until you are both out of breath
- * Put on your boots and jump and splash in a puddle of mud



SUMMER

- * Go swimming
- * Wash the car
- * Draw with sidewalk chalk
- * Tend the garden
- * Play hopscotch
- * Jump over a rope on the ground and then play limbo with the jump rope
- * Build sand castles at the beach
- * Blow bubbles and pop them
- * Play in the rain, as long as it is not thundering and lightning



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